

KEV PAB THIAB NROG TAWM TSWV YIM RAU NYIAJ SE

Se Txiaj hauv Nyiaj Hauj Iwm Thov Kom Ncua lub Sij hawm rau Lais-nyas thiab Them:

Cov chaw ua hauj lwm thoob plaws xeev uas ntsib teeb meem vim xwm txheej dej nqhuab muaj cai thov kom ncua lub sij hawm txog li 60 hnub los ua lawv cov ntawv qhia nyiaj them neeg hauj lwm thiab nqa nyiaj se mus them rau hauv xeev lub EDD, yam tsis raug nplua lossis tsub paj. Yog xav paub ntxiv, hu rau EDD Qhov Chaw Pab Neeg Them Se ntawm 1-888-745-3886 lossis mus xyuas EDD lub vev-xaij:

www.edd.ca.gov

XA MUS CUAG KEV PAB VIM XWM TXHEEJ CEEV

Lub American Red Cross

Lub American Red Cross (ARC) yuav pab zaub mov, ris tsho hnnav, tsev nyob thiab kev kho mob rau cov tib neeg thiab cov tsev neeg uas tsis muaj tej no siv vim kev xwm txheej. Hu rau lub ARC ntawm 1-866-GETINFO (438-4636).

Lub Salvation Army:

Lub Salvation Army muaj ntawm yam kev pab xws li pab zaub mov, khoom siv rau lub vaj tse, ris tsho hnnav thiab tej khoom pab tus kheej. Yog xav paub ntxiv, hu 1-800-SALARMY (725-2769) lossis mus saib lub vev-xaij ntawm: www.tsatoday.org

Department of Community Services & Development:

Lub Hauv Paus Pab thiab Tsim Kho Zej Zos (Department of Community Services & Development (CSD)) pab nyiaj rau ntawm tshaj li 100 lub koom haum hauv zos uas muab tej kev pab xws li pab muab ris tsho hnnav, ntawv cia pw tsev so, pam vov, tsev nyob, pab fais fab, thiab pab zaub mov yuav siv sai. Yog xav paub ntxiv, hu 916-341-4200. Yog xav paub ntxiv txog lub Txheej Xwm Pab Them Fais Fab (Home Energy Assistance Program (HEAP)), hu 1-866-675-6623.

COV TXHEEJ XWM PAB RAU COV NEEG UA LIAJ TEB, ZOV LIAJ TEB THIAB LWM COV LAG LUAM

U.S. Department of Agriculture, Farm Service Agency:

Lub U.S. Department of Agriculture's (USDA) Oos-kas Pab Kev ua Laj Teb (Farm Service Agency (FSA)) muaj nyiaj txais rau tej cheeb tsam uas ntsib kev puas tsuaj raws li tus Secretary of Agriculture teev tseg kom pab cov tswv ua liaj teb rov tsim kho lag luam tom qab ntsib kev puas tsuaj. Tiv tauj lub hoob kas FSA sau nyob rau hauv koj phau ntawm xov tooj hauv zos, lossis mus saib rau FSA lub vev-xaij ntawm: www.fsa.usda.gov

U.S. Small Business Administration, Cov Nyiaj Txais los Pab Kev Puas Tsuaj rau Lag Luam: Cov Nyiaj Txais los Pab Kev Puas Tsuaj rau Lag Luam (Economic Injury Disaster Loans (EIDLs)) yog ib co nyiaj txais uas tsub paj qis siv tau los pab cov lag luam me; cov lag luam koom ua liaj teb thiab qee lub koom haum muaj tswv uas tsis ua lag luam kom lawv muaj nyiaj txais siv los ua lag luam, tiv lawv tau raug poob nyiaj los ntawm ib txoj kev puas tsuaj, xws li dej nqhuab. Cov nyiaj txais no yog siv los pab rau lub caij ntsib kev puas tsuaj tas es yuav rov tsim kho. Lub U.S. Small Business Administration (SBA) muaj cov nyiaj EIDLs los pab tom qab dej nqhuab thaum uas tus U.S. Secretary of Agriculture lav paub tias muaj xwm txheej raug rau liaj ia teb chaws. Cov lag luam uas txoj hauj lwm tseem ceeb yog ua liaj teb lossis zov liaj teb yuav tsis muaj feem tau txais SBA cov kev pab rau kev puas tsuaj; tab sis, thaum muaj xwm txheej dej nqhuab ces cov tswv ua tsev cog ub no thiay muaj feem. Cov lag luam muaj feem ces txais tau nyiaj txog li ntawm \$2 lab los pab kev dha hauj lwm thiab yuav khoom uas yuav siv tej nyiaj uas yog txhob muaj xwm txheej huab cua ces tshuav tab sis tim yog muaj xwm txheej thiay li tsis tshuav. Yog xav paub ntxiv hu rau SBA tus xov tooj hu dawb 1-800-659-2955, lossis mus saib rau SBA lub vev-xaij ntawm: www.sba.gov/services/disasterassistance Cov neeg tsis hnov lus hu tau rau 1-800-877-8339.

(Rau cov neeg uas lag ntseg, tsis hnov lus zoo, lossis tsis paub hais lus, thov hu rau lub California Chaw Txuas Lus ntawm 711 thiab nug kom muab cuag mus rau California Oos-kas Tswj Xwm Txheej Ceev ntawm 916-845-8400.)

Yog tias koj raug teeb meem vim qhov xwm txheej Dej Nqhuab, ntawm no yog ib co lus uas tej zaum yuav pab tau koj



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California Emergency Management Agency (Cal EMA)
www.calema.ca.gov

COV TXHEEJ XWM MUAB KEV PAB

Kev Pab Zauba Mov:

California Lub Txheej Xwm Pab Zauba Mov Ceev (Emergency Food Assistance Program (EFAP)) muaj zauba mov pab rau 50 qhov chaw cia zauba mov uas muaj tshaj 2300 qhov chaw yais zauba mov thoob plaws xeev. Yuav muab cov zauba mov faib rau cov neeg uas txom nyem nyiaj uas muaj feem tau zauba mov. Yog xav paub seb cov chaw yais zauba mov ze koj thaj tsam nyob qhov twg no hu rau 1-800-283-9000, lossis mus saib lub vev-xaij: www.cdss.ca.gov/cdssweb/PG55.htm

Txheej xwm Pab Zauba Mov Ntxiv:

Yog tias koj ntsib teeb meem vim qhov dej nqhuab thiab xav tau zauba mov vim koj tau poob nyiaj lawm, koj mus rau npe thov kev pab tau tim lub Txheej Xwm Pab Nyiaj Muas Noj tim from lub hoob kas pab tib neeg/kev noj nyob hauv koj cheeb nroog. Yog xav paub ntxiv mus saib lub vev-xaij ntawm: www.cdss.ca.gov/foodstamps/

CalWORKs:

CalWORKs pab nyiaj ntsub rau cov tsev neeg hauv California uas muaj feem tau kev pab vaj tsev, zauba mov, thiab lwm yam kev tsum siv. Yog xav paub ntxiv hu rau koj lub hauv paus pab tib neeg/kev noj nyob hauv cheeb nroog. Yog xav nrhiav koj lub hoob kas hauv zos mus saib lub vev-xaij ntawm:

<http://www.cwda.org/links/chsa.php> lossis yog xav paub ntxiv txog lub txheej xwm no, mus saib rau lub vev-xaij pab nyiaj ntsub: <http://www.dss.ca.gov/cdssweb/PG54.htm>

Txheej xwm Pab Zauba Mov Ntxiv rau Cov Poj niam, Menyuam mos, thiab Menyuam yaus:

Lub txheej xwm Pab Poj niam, Menyuam mos, thiab Menyuam yaus (Woman, Infants, and Children (WIC)) muaj kev pab rau cov poj niam cev xeeb tub uas muaj nyiaj qis mus rau qib nrub nrab, cov nyim qhuav tau menyuam tshib thiab lawv cov menyuam mos thiab cov you kom muaj kev noj zoo thiab noj qab nyob zoo. WIC muaj:

- Muaj tshev nyiaj pab yuav tau zauba mov xws li mis nyuj, kua txiv, qe, tshij; thiab pib lub Kaum hli 2009 mus--txiv ntoo, zauba ntsub, khoom rau menyuam mos noj thiab tej yam khoom siv nplej;
- Lus qhia txog zauba mov thiab kev noj qab haus huv:
- Kev pab rau pub niam mis thiab xa mus cuag tej chaw pab kev noj qab haus huv thiab lub zej zos. Yog xav paub ntxiv, mus saib lub vev-xaij ntawm:

<http://www.cdph.ca.gov/programs/wicworks/Pages/default.aspx> ces nias rau "Find a Local WIC Agency" nyob hauv qab Program Information.

Txheej Xwm Pab cov Neeg Tsiv Raws Laj Kam:

Lub Txheej Xwm Pab cov Neeg Tsiv Raws Laj Kam (Migrant Education Program (MEP)) muaj kev qhia ntawv thiab txhawb zog pab rau cov menyuam yaus thiab cov hluas, hnuv nyog 3-21 xyoos, kom pab tau lawv kawm tau cov ntawv raws li lub xeev tau npaj tseg thiab pab kom lawv tiav tau tim qib kaum ob. Yog xav paub txog cov chaw pab uas ze koj, hu rau 916-319-0851 lossis mus saib lub vev-xaij ntawm: www.cde.ca.gov/sp/me/mt/

Koos-pas-nis Tauj Fais Fab

Ntau lub koos-pas-nis tauj fais fab hauv zos muaj cov kev pab rau cov tsev neeg uas muaj nyiaj tsawg kom pab nrog lawv them tau nqi fais fab lossis pab kom lawv thiab li tsis raug txiav fais fab thaum lub caij ntuj no thiab thaum caij kub heev. Hu rau koj cov chaw txuas fais fab hauv zos seb lawv muaj kev pab dabtsi.

Cov Kev Pab rau Cov Laus:

Lub California Haus Paus Saib Cov Laus (Department of Aging) ua hauj lwm nrog thiab cob qhia cov Oos-kas Saib Cov Laus (Area Agencies on Aging (AAA)) uas muab ntau hom kev pab cuam rau cov laus thiab cov need uas muaj kev ua tsis taus. Koj nrhiav tau ib lub AAA hauv koj cheeb tsam yog hu rau 1-800-510-2020 lossis mus saib lub vev-xaij ntawm: http://www.aging.ca.gov/local_aaa/AAA_listing.asp

Lub Txheej Xwm Pab Zauba rau cov Laus (Senior Farmers' Market Nutrition Program (SFMNP)) kuj muaj pib pub rau cov neeg laus uas tau nyiaj tsawg kom lawv yuav tau tej txiv hmab txiv ntoo, zauba, tshuaj ntsub thiab zib mus tshib tim tej taj laj Certified Farmers' Markets (CFM). Lub txheej xwm no pib thaum lub Tsib hlis thiab mus txog rau lub Kaum ib hlis. Lub California Hauv Paus Saib Zauba Mov thiab Laj Teb (Department of Food and Agriculture (CDFA)) koom nrog California lub AAA los yais cov ntawv mus laiv zauba mov. Yog xav paub ntxiv no hu 916-657-3231 lossis sau is-mias rau grants@cdfa.ca.gov

KEV PAB KHO MOB

Access for Infants and Mothers Program:

Lub txheej xwm pab cov Menyuam Mos thiab Leej Niam (Access for Infants and Mothers (AIM)) muaj is-saws-las pheej yig pab rau cov poj niam cev xeeb tub uas kob nyiaj hli nyob rau qib siab nrub nrab. Yog xav tau Phau Ntawv AIM thiab daim ntawv thov kev pab, thov hu 1-800-433-2611, lossis mus saib lub vev-xaij ntawm: www.AIM.ca.gov

Healthy Families Program:

Lub Healthy Families Program (HFP) muaj kev uas tus nqi pheej yig rau kev kho mob, kho hnivai thiab qhov muag rau cov menuyam yaus thiab cov hluas uas tsis muaj is-saws-las uas lawv tsev neeg kob nyiaj hli sib dhau qhov uas Medi-Cal kam pab. Yog xav tau Phau Ntawv HFP thiab daim ntawv thov kev pab, thov hu tus xov tooj hu dawb 1-800-880-5305 lossis mus saib lub vev-xaij ntawm: <http://www.healthyfamilies.ca.gov>

Kev Pab Medi-Cal Kho Mob:

Medi-Cal yob ib lub txheej xwm pab is-saws-las kho mob loom uas yog pab kev kho mob, kho hnivai thiab kho qhov muag pub rau cov neeg txom nyem nyiaj, tsis hais tib neeg, tsev neeg uas muaj menuyam yaus, cov laus, cov neeg muaj kev ua tsis taus, cov poj niam cev xeeb tub thiab qee hom neeg txom nyem nyiaj uas muaj qee hom mob, xws li mob ntsws, mob khees-xaws mis lossis mob HIV/AIDS. Yog xav paub ntxiv, hu rau koj lub hauv paus hauv cheeb nroog uas pab tib neeg/kev noj nyob.

Lub Txheej Xwm Pab Kho Mob hauv Zos, Leej Niam, Menyuam Yaus thiab Cov Hluas

Lub txheej xwm Pab Kho Mob hauv Zos, Leej Niam, Menyuam Yaus thiab Cov Hluas (Maternal, Child, and Adolescent Health (MCAH)) muaj kev pab kho mob rau cov tsev neeg uas tau nyiaj tsawg, tsis muaj iv-saws-las lossis iv-saws-las tsis txaus. Yog xav paub ntxiv txog cov kev pab no mus saib lub vev-xaij ntawm:

www.cdph.ca.gov/programs/mcah

Yog xav tau daim ntawv teev cov chaw MCAH Department hauv zos no hu 1-866-241-0395 lossis mus saib lub vev-xaij ntawm:

<http://www.cdph.ca.gov/programs/mcah/Pages/MCAHDirectorsandLocalTollFreeNumbers.aspx>

Pab kev Nyuaj Siab:

Muaj kev pab rau kev nyuaj siab lossis kev ntxhov plawv vim qhov xwm txheej dej nqhuab no ua rau txom nyem nyiaj txiag. Yog xav paub ntxiv, mus saib www.dmh.ca.gov

Xwm qhia txog Kev Kho Mob:

Yog xav paub ntxiv txog tej kev txhawj txog mob vim dej nqhuab, thov mus saib California Department of Public Health lub vev-xaij: <http://www.bepreparedcalifornia.ca.gov>

KEV PAB RAU KEV UA HAUJ LWM

Is-saws-las Poob Hauj Iwm

Cov neeg ua hauj lwm uas raug poob lawv cov hauj lwm vim dej nqhuab tej zaum yuav muaj feem tau txais nyiaj Is-saws-las Poob Hauj lwm (UI). Qhov sai tshaj thiab yooj yim tshaj mus rau npe ces yog nyob online. Mus saib rau Haus Paus Npaj Kev ua Hauj lwm (Employment Development Department (EDD)) lub vev-xaij ntawm: www.edd.ca.gov Nias rau kab lus "Unemployment", ces nias rau "Apply Online" (eApply4UI) rau saum toj nplooj ntawm.

Ua tau cov ntawv thov is-saws-las poob hauj lwm hauv tus xov tooj 1-800-300-5616. (Yog hais lus Mev, ces hu 1-800-326-8937. Yog siv TTY, ces hu 1-800-815-9387.) Cov nyiaj is-saws-las poob hauj lwm muaj pab rau cov neeg ua hauj lwm uas raug poob hauj lwm yam tsis yog tim lawv tus kheeji, lossis cov ua hauj lwm tsawg dua li thawm hnuv (full time), muaj txoj cai ua hauj lwm hauv teb chaws U.S., thiab npaj tiav, kam, thiab ua tau hauj lwm.

Kev Pab Nrhiav Hauj Iwm:

Cov neeg nrhiav hauj lwm thiab chaw ua hauj lwm yuav siv tau cov kev pab hauj lwm uas muaj pab los ntawm EDD thiab cov chaw pab hauv zos xws li One-Stop Career Centers thiab EDD cov Hoob Kas Pab Hauj lwm nyob thoob lub xeev. Thaum siv cov kev pab nrhiav thiab kaum ua hauj lwm no, cov neeg nrhiav hauj lwm uas muaj cai ua hauj lwm hauv teb chaws U.S. yuav cuag tau mus rau ntau txiab txoj hauj lwm uas muaj tseg rau hauv CalJOBS. Yog xav paub ntxiv, mus saib rau EDD lub vev-xaij ntawm: www.edd.ca.gov

Graphic Text:

Dej Nqhuab

Daim ntawv luam no yais los ntawm:

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